



## Troy Family Aquatic Center (TFAC) 3425 Civic Center Drive

The Troy Family Outdoor Aquatic Center will open for its 19th season Memorial Day weekend and will remain open through Labor Day. The Aquatic Center features a main pool with a zero-depth edge, tube and body slides, a kiddie area that includes a waterfall, slide and spray area, sand volleyball, sand play area, and concession area.

### Troy Family Aquatic Center Hours 2010

(subject to change)

#### Opens Memorial Day Weekend

Fri, May 28 (Free Admission) 3-7:30 pm  
Sat, Sun, Mon May 29-31 11 am-7:30 pm

Hours vary June 1 – June 17 and at the end of the season. Look for specific times in the Summer Troy Today.

#### Regular hours begin - Friday, June 18

Monday-Thursday 11am-7:30 pm (June & Aug)  
Monday-Thursday 11am-8 pm (July)  
Friday-Sunday 11am-7:30 pm

### Parties/Groups/Rentals

We have birthday party packages. Call 248.524.3484 to schedule your summer fun! Reservations accepted beginning March 2010.



### School Groups - June 11

TFAC is available for school groups on June 11 from 11 am-3 pm at \$4/person. Call 248.524.3484 to reserve your spot.

### Group Rates

Special rates for groups of 20 or more are \$6 per resident, and \$7 per non-resident.

### Exclusive Rentals

The entire facility may be rented for your own event. The facility is available Monday-Thursday from 9 pm-12 am, and Friday-Sunday from 7:30 pm-12 am.

### Employment

Positions include lifeguards, swim instructors, and cashiers. Apply in person at Parks and Recreation, 3179 Livernois or call 248.524.3484 for details. Print an application online at [www.troymi.gov/HR/JobOpenings](http://www.troymi.gov/HR/JobOpenings). Applications accepted in December -Mid January.

## Special Early Bird Pass Rates

Get your rate locked in for the 2010 season. Qualify for the rates listed below when you purchase your passes at the Troy Community Center between December 14, 2009 - January 4, 2010. Passholders will also be eligible for two free guest passes (limit 2 per household).

### TFAC Special Early Bird Season Pass Rates

(Valid only 12/14/2009 - 1/4/10)

Regular policies and eligibility apply

Pass Type	Early Bird Rate
Resident	\$76.50
Res. Additional Family Member	\$44.
Non- Resident Employee	\$93.
Non-Res. Emp. Additional Family Member	\$55.
Non-Resident	\$107.
Non-Res. Additional Family Member	\$61.50

\*Children under 3 as of May 1, 2010 do not need a pass.

## Passes and Fees

### Daily/Seasonal Passes & Punch Card Information:

Daily Passes, Punch Cards and Season Passes are available for open swim hours. A seasonal pass does not guarantee admission if the facility reaches capacity.

To receive a discounted resident or non-resident employee rate, a picture ID is required along with proper identification.

- For residents this includes: a driver's license, Michigan ID card, utility bill, tax statement, lease agreement, or a voter or car registration. Residents are permitted to renew by mail, if the season pass less than three years old.
- For non-resident employees that work for a business located within the City of Troy this includes: a driver's license or Michigan ID card, and either a letter from the employer verifying employment with beginning date, location and nature of employment or a W-2 form from the previous year with the name of the employer.
- Additional family members living at the same address as the head of household, need proper identification this includes: A picture ID with address for spouse and for children a birth certificate with parents names, custodial papers or passport with parents name and address or for Troy residents a report card showing a Troy address and birth date. Children that are over the age of 24 also need to show dependency papers from the current year.

See the Spring *Troy Today* for prices. Passes will go on sale beginning March 25 and you will receive two free guest passes if purchased before May 27.

Visit us online: [www.troymi.gov/parksrec](http://www.troymi.gov/parksrec)

Call for more details: 248.524.3484

## Troy Community Center Indoor Pool

**3179 Livernois: 248.524.3484**

The indoor aquatics area includes lap lanes, slides, a leisure pool with water toys and a therapy pool offering varied hours for different activities and ages. Programs include aquacise, swim lessons and other youth and adult classes. Rentals and birthday parties are also available to residents and non-residents.

### Important Pool Rules

- Children under 10 years old must have an adult in the Aquatic Area.
- Children under 52" of height must be directly supervised in the water by an individual 16 or older.
- Appropriate and approved swim attire is required.
- Children who are not toilet trained must wear tight-fitting plastic pants over an approved swim diaper.
- Showers are required prior to entry.
- Flotation devices and toys may not be brought into the pool.
- A complete list of rules is available at the administration desk.

*Birthday Party* information on page 45.

### Splishy Splash Playgroup

Give your preschooler the opportunity to socialize with other children and yourself a chance to interact with other parents. Activities include arts and crafts, gym fun, music, and swimming during open swim. Parents must accompany preschoolers at all times including in the water. Fee is for one parent and one child; 4 week program.

**Location:** Community Center indoor pool

**Act #113035**      **Fee:** \$45; Res Disc - \$40

	Ages	Day	Time	Session
A	3-5 yrs	Mon	9:30-10:45 am	Jan 18-Feb 8
B	18 mo-2yrs	Wed	9:30-10:45 am	Jan 20-Feb 10
C	18 mo-2yrs	Mon	9:30-10:45 am	Feb 15-Mar 8
D	3-5 yrs	Wed	9:30-10:45 am	Feb 17-Mar 10

### Preschool Splash

Preschoolers will enjoy time in a class setting doing either crafts or sport activities in the gym along with a 25 minute One Fish (ages 3-5) lesson or Parent/Tot (18 month-2 years). Parent must accompany preschooler at all times including in the water. Fee is for one parent and one child; 8 classes.

**Location:** Community Center indoor pool

**Act #113036**      **Fee:** \$65; Res Disc - \$60

	Ages	Day(s)	Time	Session
A	3-5 yrs	T/TH	9:30-10:30 am	Jan 19-Feb 11
B	18 mo-2 yrs	Fri	9:30-10:30 am	Jan 8- Feb 26
C	3-5 yrs	T/TH	9:30-10:30 am	Feb 16-Mar 11

### Private and Semi-private Swim Lessons now available!

#### Fees:

Private one half hour: Fee - \$40; Res Disc - \$35

Private hour: Fee - \$65; Res Disc - \$60

Semi-private (2 - 4 participants) for an hour:

Fee - \$50; Res Disc - \$45 per person

Semi-private package of 3 sessions:

Fee - \$125; Res Disc - \$120 per person

### Attention Scout Leaders!

Scout leaders can reserve a time during open swim for your group to get basic safety info or cover badge requirements. A fun outing for the group! **Instructor Fee:** \$10/hour per 10 participants

**Entry Fee:** Regular rates and policies apply

For more information call 248.524.3484.

## Water Wave Aerobics

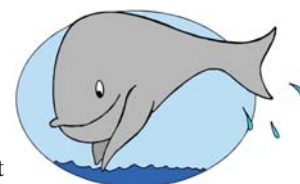
Looking for a workout without wear and tear on your body? This class is geared toward individuals that want an aerobic workout in the water. The benefits of this class focus on increased fitness, wellness, and enhanced flexibility.

**Location:** Community Center leisure pool

**Session: Jan 5-Mar 13**

Act #	Day(s)	Time	Fee	Res Disc
113021A	T/TH	7-7:50 pm	\$106	\$101
113021B	M/W/F	10:05-10:55 am	\$146	\$141
113021C	M/W	9-9:50 pm	\$106	\$101
113021D	Sat	9:05-9:55 am	\$56	\$51

## Whales Tales Water Safety Program



A friendly whale teaches important water safety skills through video with easy phrases such as "swim with a buddy in a supervised area." After the video, participants will practice what was on the video in an aquatic environment. Be sure to bring a swimsuit and towel. Important water safety program for children who are around pools, boats or any body of water.

**Location:** Troy Community Center indoor pool

**Act #113033**

Sec	Day	Time	Date	Ages	Fee	Res Disc
A	Tue	9-11 am	Jan 26	3-5	\$10	\$8
B	Fri	6:30-8:30 pm	Jan 29	6-9	\$10	\$8

**Schools and Scout Groups:** Bring the Whales Tales Program to you! A Community Center Staff Member may be available to come to your classroom or meeting location. Call 248.524.3484 for prices and availability.

## Winter Indoor Pool Schedule – January 5 - March 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap/ Therapy Swim 6-10 am	Adult Lap/ Therapy Swim 6-8:45 am	Adult Lap/ Therapy Swim 6-10 am	Adult Lap/ Therapy Swim 6-8:45 am	Adult Lap/ Therapy Swim 6-10 am	Adult Lap/ Therapy Swim 8-9 am	AdultLap/TherapySwim 10 am-Noon (2 lanes available)
Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 9-11 am	Swim Lessons 8:15-11:30 am	Swim Lessons 9-11:30 am
Water Wave Aerobics 10-10:50 am	Senior Aqua 9-11 am	Water Wave Aerobics 10-10:50 am	Senior Aqua 9-11 am	Water Wave Aerobics 10-10:50 am	Water Wave Aerobics 9:05-9:55 am	
Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am	Half Pint Swim 10-10:45 am		
Adult Lap/ Therapy Swim 11:30 am - 2 pm	Adult Lap/ Therapy Swim 11:30 am - 2 pm	Adult Lap/ Therapy Swim 11:30 am - 2 pm	Adult Lap/ Therapy Swim 11:30 am - 2 pm	Adult Lap/ Therapy Swim 11:30 am - 2 pm	Open Swim/ No Lap 11:30 am - 6 pm	
					Family Night 2nd Saturday of the month 5-8 pm	Open Swim/ No Lap Noon - 5 pm
Preschool Lessons 12:30-2:00 pm		Homeschool Lessons 11:30 am-1:55 pm		Preschool Lessons 12:30-2 pm		
Swim Lessons 4-6:30 pm	Open Swim 4:30-6:50 pm	Swim Lessons 4-6:30 pm	Open Swim 4:30-6:50 pm	Swim Lessons 4-6:30 pm		Swim Lessons 5-7 pm
Open Swim 6:30-8:55 pm	Water Wave Aerobics 7-7:50 pm	Open Swim 6:30-8:55 pm	Water Wave Aerobics 7-7:50 pm		Rentals & Special Events 6-10 pm	
Water Wave Aerobics 9-9:50 pm	Swim Lessons 7-8:45 pm	Water Wave Aerobics 9-9:50 pm	Swim Lessons 7-8:45 pm	Open Swim 6:30-9 pm		
Adult Lap/ Therapy Swim 9-9:50 pm (1 lane)		Adult Lap/ Therapy Swim 9-9:50 pm (1 lane)				

**NOTE: Hours have changed.**

**New Slide Hours: Slides will open 1/2 hour after Open Swim starts and closes 1/2 hour before Open Swim ends.**

**Classes may take place during Open Swim.**

**During Open Swim one lap lane will be available during the week.**



### Pool Schedule Key

#### Passholder Swim Times

- **Adult Lap Swim:** Ages 18 and older. Lap lanes are available for lap swim. See open swim description for additional lap swim times.
- **Half Pint Swim:** Leisure swim is open for toddlers and their parents/adult supervisor. Adult must enter water with child.
- **Adult Therapy Swim:** Ages 18 and older. The therapy pool is also open during all open swims for adults.
- **Open Swim:** All ages welcome. Children under 10 must be directly supervised in the water by an individual 16 or older. Adults have use of the therapy pool and at least one lap lane (Monday-Friday).

#### Class Swim Times (shaded in schedule above)

**Swim Lessons and Exercise Classes:** You must register and pay separately for these programs. See pages 40-44 for more information.

### Holiday Open Swim Hours

- Nov 27 6-11 am (adult lap and therapy)  
11 am-5 pm (open swim)
- Dec 24 8-10 am (adult lap and therapy)  
10 am-1:30 pm (open swim)
- Dec 31 6-10 am (adult lap and therapy)  
10 am-5 pm (open swim)

### Additional Swim Times

- November 18 12-3:45 pm
- November 19 12-6:50 pm
- November 25 11:30 am-9 pm
- December 21, 23, 28, & 30 11:30 am-9 pm
- December 22, 29 11:30 am-8 pm
- January 18 1:45-3:45 pm
- January 29 11:30 am-3:45 pm
- February 15 11:30 am-9 pm
- February 16 11:30 am-6:50 pm
- March 18 12-3:45 pm

## Preschool Swim Lessons – Fee: \$54; Resident Discount \$49/session

**Test day for new students:** Saturday, November 28 from 9-10:30 am. Instructor ratio is 1:6 for classes without parent, and 1:15 for Parent and Tot and Parent and Infant classes. **Instructors:** Community Center Staff **Location:** Community Center Indoor Pool Participants must furnish towels and suits. All fees are separate from passes.

### Class Descriptions

**Parent and Infant** (6 months - 18 months) Adult participation is required. Introduce your child to the water. Participating adults will learn holding positions, cues, safety skills, and emergency prevention.

**Parent and Tot** (19 months - 3 years) Adult participation is required. This class is an extension of the Parent and Infant class.

**One Fish** (3-5 years) For children ready to participate in lessons on their own. Basic swimming skills such as blowing bubbles, basic arm and leg movements, and water safety will be taught.

**Two Fish** (3-5 years) Learn beginner stroke, glides, and water safety.

**Red Fish** (3-5 years) Improve beginner stroke, floats, glides, introduce other swimming strokes, and water safety.

**Blue Fish** (3-5 years) Continues to develop beginner stroke, continue learning other strokes, water safety, and improve endurance.

**Gold Fish** (3-5 years) Focus on front crawl, back crawl, breaststroke, elementary backstroke, water safety, and improve endurance.

#### Holiday Morning Session

**Dec 21, 22, 23, 26, 28, 29, 30, Jan 2**

**Act #: 113017**

A One Fish	9:15-9:45 am
B Blue Fish	9:15-9:45 am
C Two Fish	9:50-10:20 am
D Red Fish	9:50-10:20 am
E Parent/Inf	10:25-10:55 am
F Red Fish	10:25-10:55 am
G Parent/Tot	11-11:30 am
H One Fish	11-11:30 am

#### 4 Week Classes- M/W

**Session 1: Jan 11-Feb 3**

**Act #: 113012**

A One Fish	9-9:30 am
B Two Fish	9:30-10 am
C Red Fish	10-10:30 am
D Parent/Inf	10:30-11 am
E Parent/Tot	11-11:30 am
F One Fish	4-4:30 pm
G Red Fish	4:30-5 pm
H Two Fish	5-5:30 pm
I Blue Fish	5:30-6 pm
J Parent/Inf	5:30-6 pm
K Parent/Tot	6-6:30 pm
L Red fish	6-6:30 pm
M One Fish	6-6:30 pm

**Session 2: Feb 10-March 10**

**Act #: 113013**

**Starts Wed; no class 2/15**

A One Fish	8:30-9 am
B Red Fish	9-9:30 am
C Two Fish	9:30-10 am
D Parent/Inf	10-10:30 am
E Parent/Tot	10:30-11 am
F Red Fish	4-4:30 pm
G Blue Fish	4:30-5 pm

H Two Fish	4:30-5 pm
I One Fish	5-5:30 pm
J Two Fish	5:30-6 pm
K Parent/Inf	5:30-6 pm
L Parent/Tot	6-6:30 pm
M Red Fish	6-6:30 pm

#### 4 Week Classes-T/TH

**Session 1: Jan 12-Feb 4**

**Act #: 113015**

A Parent/Tot	6:50-7:20 pm
B One Fish	6:50-7:20 pm
C Red Fish	7:25-7:55 pm
D Two Fish	7:25-7:55 pm

**Session 2: Feb 11-March 11**

**Starts TH; no class 2/16**

**Act #: 113016**

A Parent/Tot	6:50-7:20 pm
B Two Fish	6:50-7:20 pm
C Red Fish	7:25-7:55 pm
D Blue Fish	7:25-7:55 pm

#### 8 Week Classes

**Mondays: Jan 11-March 8**

**No class 2/15**

**Act #: 113031**

A Blue Fish	12-12:30 pm
B One Fish	12:30-1 pm
C Red Fish	1-1:30 pm
D Two Fish	1:30-2 pm

**Fridays: Jan 8-Feb 26**

**Act #: 113018**

A Red Fish	8:30-9 am
B One Fish	9-9:30 am
C Two Fish	9:30-10 am
D Parent/Inf	10:30-11 am
E Parent/Tot	11-11:30 am
F Blue Fish	12-12:30 pm
G One Fish	12:30-1 pm

H Two Fish	1-1:30 pm
I Red Fish	1:30-2 pm
J One Fish	4-4:30 pm
K Red Fish	4-4:30 pm
L Two Fish	4:30-5 pm
M Blue Fish	4:30-5 pm
N Two Fish	5-5:30 pm
O Parent/Inf	5:30-6 pm
P One Fish	5:30-6 pm
Q Red Fish	6-6:30 pm
R Parent/Tot	6-6:30 pm
S One Fish	6-6:30 pm

**Saturdays: Jan 9-Feb 27**

**Act #: 113019**

A One Fish	8:15-8:45 am
B Two Fish	8:15-8:45 am
C Red Fish	8:50-9:20 am
D One Fish	8:50-9:20 am
E Blue Fish	9:25-9:55 am
F Parent/Inf	9:25-9:55 am
G Parent/Tot	10-10:30 am
H Two Fish	10-10:30 am
I Red Fish	10:30-11 am
J One Fish	10:30-11 am
K Two Fish	11-11:30 am
L Parent/Tot	11-11:30 am

**Sundays: Jan 10-Feb 28**

**Act #: 113029**

A Two Fish	10-10:30 am
B Red Fish	10-10:30 am
C One Fish	10:30-11 am
D Blue Fish	10:30-11 am
E Red Fish	11-11:30 am
F One Fish	11:30 am-12 pm
G One Fish	5-5:30 pm
H Red Fish	5-5:30 pm
I Parent/Inf	5-5:30 pm
J Two Fish	5:35-6:05 pm
K Red Fish	5:35-6:05 pm
L Parent/Tot	5:35-6:05 pm
M Blue Fish	6:10-6:40 pm
N One Fish	6:10-6:40 pm
O Parent/Tot	6:10-6:40 pm

*“Good program. My daughter enjoyed it immensely. Excellent instructors.” Anita S.*

#### For all swim lessons:

There is no make-up class for the first class that is cancelled due to inclement weather or unforeseen circumstances.

Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning December 1 for swim classes; see procedures on pages 82-83.



## Youth Swim Lessons - Fee: \$66; Resident Discount \$61/session

**Test days for new students:** Saturday, November 28 from 9 - 10:30 am. Children will be tested to allow parents to register them in the proper class. **Ratio:** 1:8 **Instructors:** Community Center Staff **Location:** Indoor Community Center Pool

### Class Descriptions

All classes are in accordance with American Red Cross instruction. It is necessary to pass each level before progressing. Please bring Red Cross cards to the first class. All classes are for children 6 years and older.

**Level 1**-Water exploration for children who have little or no experience in the water. This class entails water safety, breath holding, arm strokes, kick, and supported floats.

**Level 2**-Primary skills for children who can put their face in the water. This class with work on floats, beginner stroke, and water safety.

**Level 3**-Emphasis on rhythmic breathing, arm stroke and kick for front and back crawl. Will introduce butterfly kick and treading water.

**Level 4**-Perfect front and back crawl. Introduce elementary backstroke, breaststroke, sidestroke, survival float and advanced water safety.

**Level 5**-Perfect front and back crawl, elementary backstroke, breaststroke, introduce sidestroke, butterfly, and flip turns.

**Level 6**-Focus on perfecting all strokes and improving endurance. Students learn CPR, rescue breathing, and other beginner lifeguarding skills.

**\*Level 7**-A competitive swim class that will focus on stroke perfection and endurance, not an American Red Cross class.

**Fee: \$78; Res Disc \$73**

### Holiday Morning Session

Dec 21, 22, 23, 26, 28, 29, 30, Jan 2

**Act #: 113006**

A	Level 1	9:10-9:55 am
B	Level 4	10-10:45 am
C	Level 6	10-10:45 am
D	Level 3	10-10:45 am
E	Level 2	10:45-11:30 am
F	Level 5	10:45-11:30 am
G	Level 4	10:45-11:30 am
H	Level 7*	8-9:15 am

### 4 week Classes - M/W

**Session 1: Jan 11-Feb 3**

**Act #: 113001**

A	Level 1	4-4:45 pm
B	Level 2	4-4:45 pm
C	Level 3	4-4:45 pm
D	Level 4	4:50-5:35 pm
E	Level 5	4:50-5:35 pm
F	Level 3	4:50-5:35 pm
G	Level 1	5:40-6:25 pm
H	Level 2	5:40-6:25 pm
I	Level 4	5:40-6:25 pm
J	Level 6	5:40-6:25 pm

**Session 2: Feb 10-March 10**

**Starts Wed-no class 2/15**

**Act #: 113002**

A	Level 1	4-4:45 pm
B	Level 3	4-4:45 pm
C	Level 2	4-4:45 pm
D	Level 4	4:50-5:35 pm
E	Level 1	4:50-5:35 pm
F	Level 6	4:50-5:35 pm
G	Level 5	5:40-6:25 pm

H	Level 3	5:40-6:25 pm
I	Level 2	5:40-6:25 pm
J	Level 4	5:40-6:25 pm

### 4 Week Classes- T/TH

**Session 1: Jan 12-Feb 4**

**Act #: 113009**

A	Level 2	7-7:45 pm
B	Level 3	7-7:45 pm
C	Level 1	8-8:45 pm
D	Level 4	8-8:45 pm

**Session 2: Feb 11-March 11**

**Starts TH-no class 2/16**

**Act #: 113010**

A	Level 1	7-7:45 pm
B	Level 3	7-7:45 pm
C	Level 2	8-8:45 pm
D	Level 4	8-8:45 pm

### 8 Week Classes

**Wed Homeschool: Jan 13- March 3**

**Act #: 113014**

A	Level 1	11:30 am -12:15 pm
B	Level 2	12:20-1:05 pm
C	Level 3	1:10-1:55 pm

**Fridays: Jan 8-Feb 26**

**Act #: 113004**

A	Level 1	4-4:45 pm
B	Level 2	4-4:45 pm
C	Level 4	4-4:45 pm
D	Level 1	4:50-5:35 pm
E	Level 5	4:50-5:35 pm
F	Level 3	4:50-5:35 pm
G	Level 4	5:40-6:25 pm
H	Level 6	5:40-6:25 pm
I	Level 2	5:40-6:25 pm

J	Level 3	5:40-6:25 pm
K	Level 7*	4-5:15 pm

**Saturdays: Jan 9-Feb 27**

**Act #: 113005**

A	Level 2	8:15-9 am
B	Level 1	9:05-9:50 am
C	Level 2	9:05-9:50 am
D	Level 5	9:55-10:40 am
E	Level 4	9:55-10:40 am
F	Level 3	9:55-10:40 am
G	Level 1	10:45-11:30 am
H	Level 3	10:45-11:30 am
I	Level 6	10:45-11:30 am
J	Level 4	10:45-11:30 am
K	Level 7*	11:30 am-12:45 pm

**Sundays: Jan 10- Feb 28**

**Act #: 113003**

A	Level 1	10-10:45 am
B	Level 6	10-10:45 am
C	Level 2	10-10:45 am
D	Level 5	10:45-11:30 am
E	Level 3	10:45-11:30 am
F	Level 4	10:45-11:30 am
G	Level 7*	11:45 am-1 pm
H	Level 1	5-5:45 pm
I	Level 4	5-5:45 pm

J	Level 3	5-5:45 pm
K	Level 2	5-5:45 pm
L	Level 5	5:50-6:35 pm
M	Level 6	5:50-6:35 pm
N	Level 2	5:50-6:35 pm
O	Level 3	5:50-6:35 pm

*See page 40 for Private Lesson information.*

*"I have 4 small kids 2, 3, 3 and 10 years and they all love the instructors!"  
Swim Lesson Parent*



### NOTE For all swim lessons:

There is no make-up class for the first class that is cancelled due to inclement weather or unforeseen circumstances.

Refunds for swim classes must be requested at least five days prior to the class start date. There is a \$10 service fee for all refund requests.

Online registration is available beginning December 1 for swim classes; see procedures on pages 82-83.

## American Red Cross Lifeguard Instructor Class

Develop skills needed to be a lifeguard instructor. Upon successful completion of the course, students will receive an American Red Cross Lifeguard Instructor certification. Must be 17 years old.

**Location:** Troy Community Center indoor pool

**Session: Jan 24-Feb 28**

Act#	Day	Time	Fee	Res Disc
113028A	Sun	11 am-5 pm	\$286	\$281

## American Red Cross Lifeguard Class

This class is for ages 15 and older who are interested in becoming a certified lifeguard. Participants will learn how to anticipate accidents in aquatic areas, prevent drowning and accidents, execute rescues and assists, and provide rescue and emergency care. Upon successful completion of the course, participants will receive both an American Red Cross Lifeguard and CPR certificates. Positions may be available at the Community Center Indoor Pool when class is complete.

**Location:** Community Center Indoor Pool

**Act#143040**

Sec	Day	Time	Dates	Fee	Res Disc
C	Varies	8 am-1 pm	Dec 21-23,28-30	\$166	\$161
D	Varies	1:30-6:30 pm	Dec 21-23,28-30	\$166	\$161

**Act#113024**

A	Sun	1-6 pm	Jan 17-Feb 21	\$166	\$161
B	Sat	4-9 pm	Jan 30-March 6	\$166	\$161
C	varies	8 am-5 pm	Feb 13-16	\$166	\$161
D	M-F	9 am-4 pm	Apr 5-9	\$166	\$161

## American Red Cross Classes

### Ultimate Junior Lifeguard Guardstart Program

Do you wonder what it takes to be a lifeguard? Get in on the action! Students ages 11-15 will be taught basic CPR skills, water rescues, and will have the opportunity to shadow with a real lifeguard. Participants will receive a whistle, lanyard, and a lifeguard shirt.

**Location:** Troy Community Center indoor pool

**Act#113025**

Sec	Day	Time	Dates	Fee	Res Disc
A	Varies	11 am-1 pm	Dec 21-23,28-30	\$81	\$76
B	Fri	6:30-8:30 pm	Jan 29-Mar 5	\$81	\$76

## American Red Cross Recertification

If your lifeguard certificate is expiring, you can take a test out with our LG class. You will be tested out on skills and given a written test. Must be prepared to test out on all skills required.

**Location:** Troy Community Center indoor pool

**Act#113034**

Sec	Day	Time	Dates	Fee	Res Disc
A	Tue	11am-3:30 pm	Dec 29	\$55	\$50
B	Sat	4-8 pm	Feb 27	\$55	\$50

## Adult/Teen Swim Classes

**Fee:** \$66; Res Disc \$61 (Tuesdays and Thursdays)

**Beginners:** For individuals who have the desire to learn the lifelong skill of swimming. Participants will develop skills such as proper breathing, kicking, floatation and propulsion techniques, and help each participant put together a beginner stroke. The benefits of this class focus on improved safety habits and confidence in the water.

**Intermediate:** For individuals that have the desire to develop the skills needed to do front crawl, back crawl, and other advanced strokes. Participants must be able to float and do beginner stroke before entering this class. The benefits of this class focus on enhanced confidence in the water and improved fitness.

**Advanced:** For individuals that are accomplished at swimming various strokes and can swim a minimum of two laps without stopping. Participants will learn proper use of the pace clock, turns, perfect stroke technique, and increase endurance. The benefits of this class focus on improved fitness and knowledge of working out in an aquatic environment.

**Session 1: Jan 12-Feb 4 (T/TH)**

**Act #:113027**

A	Beg	8-8:45 pm
B	Int	8-8:45 pm
C	Adv	8-8:45 pm

**Session 2: Feb 11-March 11 (Starts TH)**

**Act #: 113027- No class 2/16**

D	Beg	8-8:45 pm
E	Int	8-8:45 pm
F	Adv	8-8:45 pm

**8 week session: Jan 13-March 3 (Wed)**

**Act #: 113027**

G	Beg	8-8:45 am
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## Spring Break AquaCamp April 5 - 9

Looking for a special activity for the kids over Spring Break week? This dynamic camp for ages 6-13 will include crafts and games in the gym in the mornings and use of the pool and planned games in the pool in the afternoon. Before and after care available.

**Registration Deadline:** After 3/31/10 add \$20 to fee

**Location:** Troy Community Center Indoor Pool

**Instructor:** Indoor Pool Staff

Act #123032	Ages	Time	NR	Res Disc
A	6 - 9 yrs	9 am - 4 pm	\$135	\$130
B	10 -13 yrs	9 am - 4 pm	\$135	\$130

**Before and After Care (Must have a minimum of 3 youngsters)**

C	All	7:30-9 am	\$44	\$39
D	All	4-5:30 pm	\$44*	\$39*

\* A late fee \$5 will be charged for every 5 minutes after 5:30.